

**WIC Nutrition Education Survey  
Local Agency 60 Report  
May 2008**

**Report for LA # 60**

*(Note: Questions are not listed in survey order).*

**Who answered the survey?**

**Number of clients who completed the survey: 20**

**Information about the clients who answered the survey**

Q16. How old are you?

The distribution of ages of the clients who answered the survey is shown below.

	# of clients	%
a. 15 or younger	0	0%
b. 16-18	1	5%
c. 19-29	13	65%
d. 30 or older	6	30%

Q23. What is the highest level of school you have finished?

The education levels of the clients who answered the survey were:

	# of clients	%
a. 1 <sup>st</sup> to 6 <sup>th</sup> grade	2	10%
b. 7 <sup>th</sup> to 9 <sup>th</sup> grade	5	25%
c. 10 <sup>th</sup> to 12 <sup>th</sup> grade	9	45%
d. High School graduate or GED	1	5%
e. Trade or technical school	1	5%
f. College	2	10%

Q24. What is your race or ethnicity?

The distribution of the race or ethnicity of the clients who answered the survey is:

	# of clients	%
a. White	3	15%
b. Afro-American	2	10%
c. Hispanic or Latino	14	70%
d. Asian or Pacific Islander	0	0%
e. Native American or Alaskan	0	0%
f. Mixed race	1	5%

Q25. What is the main language spoken in your home?

The language distribution of the clients who answered the survey is:

	# of clients	%
a. English	8	40%
b. Spanish	12	60%
c. Other	0	0%

### **Clients Parental Status**

The WIC categories for the clients who answered the survey are shown below (*Note: Clients answered four separate questions related to their WIC client status.*)

Q17. 15% of clients who answered the survey were pregnant.

Q18. 10% of clients who answered the survey were breastfeeding.

Q19. 50% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q20. 79% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

Q21. How many children do you have?

Clients who answered the survey reported having the following number of children.

	# of clients	%
a. 0	2	10%
b. 1	5	25%
c. 2	4	20%
d. 3 or more	9	45%

Q22. What is your relationship to the child(ren) in WIC?

Clients who answered the survey described their relationship to the children in WIC as:

	# of clients	%
a. Mother	18	95%
b. Father	0	0%
c. Grandparent	1	5%
d. Foster parent	0	0%
e. Other	0	0%

Q26. Are you ever concerned you won't be able to buy enough food to feed your family?

70% of your clients reported food insecurity.

	# of clients	%
a. Yes	14	70%
b. No	6	30%

**SECTION 1** describes participants' opinions about WIC. The section included six questions.

### **Clients' Perceptions of WIC Services**

Q1. How important are these WIC services for you?

Clients who answered the survey indicated the importance of the following eight WIC services.

	<b>Very important</b>		<b>A little important</b>		<b>Not important</b>	
a. Learning how to feed my family	19	95%	1	5%	0	0%
b. Learning how to breastfeed my baby	17	85%	1	5%	2	10%
c. Getting up-to-date nutrition education	20	100%	0	0%	0	0%
d. Sharing ideas with other parents	15	75%	5	25%	0	0%
e. Getting WIC food packages	20	100%	0	0%	0	0%
f. Health screenings	19	95%	1	5%	0	0%
g. Referrals to other services	16	80%	4	20%	0	0%
h. Getting vaccines for my child	18	95%	1	5%	0	0%

Q6. How well does WIC meet your needs on the following?

Clients who answered the survey indicated how WIC meets their needs on the following eight WIC services.

	<b>Great</b>		<b>Okay</b>		<b>Not so Great</b>	
a. Learning how to feed my family	19	95%	1	5%	0	0%
b. Learning how to breastfeed my baby	19	95%	0	0%	1	5%
c. Teaching me about the right kinds and amounts of food to eat	18	90%	2	10%	0	0%
d. Meeting other people	10	50%	8	40%	2	10%
e. Providing WIC foods	20	100%	0	0%	0	0%
f. Teaching me how to keep my family healthy	18	90%	2	10%	0	0%
g. Learning about healthy weights for me and my children	19	95%	1	5%	0	0%
h. Getting vaccines for my child	15	79%	3	16%	1	5%

**Nutrition Education: What clients would like and how they receive classes now**

Q3. If it were up to you, how would you like your WIC nutrition education?

Clients who answered the survey reported their preference for WIC nutrition education as shown below.

	<b>Would Like a Lot</b>		<b>Would Like a little</b>		<b>Would Not like</b>	
a. Food demonstration/taste test	14	70%	5	25%	1	5%
b. Discussion group with other parents	13	65%	6	30%	1	5%
c. On the Internet	3	16%	6	32%	10	53%
d. Video with discussion	13	68%	5	26%	1	5%
e. Lessons I can take home	12	60%	7	35%	1	5%
f. Self-paced lessons I do on my own	10	50%	8	40%	2	10%
g. Activities such as grocery store tour, nutrition carnival or bulletin board	12	60%	4	20%	4	20%

Q2. How have you been receiving your WIC nutrition education?

Clients who answered the survey reported that they have received nutrition education in the following forms.

	<b>Yes</b>	<b>%</b>
a. Food demonstration/taste test	12	60%
b. Discussion group with other parents	11	58%
c. On the internet	2	10%
d. Video with discussion	17	85%
e. Lessons I take home	10	53%
f. Self-paced lessons I do on my own	9	45%
g. Class with no video or discussion	4	20%
h. One-on-one counseling with the dietitian	16	80%
i. Other activities like grocery store tour, nutrition carnival or bulletin board	11	55%

## Q5. My WIC clinic:

	Yes		Sometimes		No	
a. Offers classes in my language.	20	100%	0	0%	0	0%
b. Offers classes at times when I can attend.	15	75%	3	15%	2	10%
c. Offers me a choice of classes.	10	50%	5	25%	5	25%

## Q4. The people at my WIC clinic care about me and my family.

	Yes		Sometimes		No	
a. The people at my WIC clinic care about me and my family	18	95%	1	5%	0	0%

**SECTION 2** contains 5 questions. Three describe how clients get information or support. The other two ask about technology in the home and internet use.

**How WIC clients get information and support**

Q7. If I have a question about feeding my family, I am likely to go to:

Clients who answered the survey reported getting information about feeding their families from the following sources.

	Yes	%
a. WIC	17	89%
b. Spouse/Partner	9	47%
c. Other family (mother, mother-in-law, aunt)	14	74%
d. Friend	12	63%
e. Health professional (doctor, nurse)	19	95%
f. Magazine or book	6	32%
g. Web site	2	12%
h. TV show	2	12%

Q9. Do you know where to get help in the community?

Clients who answered the survey reported that they know how to get help from the following community resources.

	<b>Yes</b>	<b>%</b>
a. Shots for my children	17	89%
b. Food assistance	19	95%
c. Clothing assistance	9	47%
d. Housing assistance	8	42%
e. Help with family problems	8	42%
f. Healthcare	17	89%
g. Childcare	12	63%
h. Help with alcohol, tobacco, drug, or substance use/abuse	6	32%
i. Family planning (birth control)	14	74%

**Referrals WIC provides**

Q8. WIC has told me about (referred me to) the following community resources:

Clients who answered the survey reported that WIC has told them about or referred them to the following community resources.

	<b>Yes</b>	<b>%</b>
a. Head Start / <i>Early Head Start</i>	10	53%
b. 211 line	8	42%
c. Breastfeeding support	18	90%
d. Tobacco quit line	6	32%
e. Dental health care	10	53%
f. Family violence assistance	7	37%
g. Substance abuse help	6	32%
h. Family Health care	16	84%
i. Pregnancy Health care	17	89%
j. Family Planning	12	63%
k. Food Stamps	10	53%
l. Clothing assistance	4	21%
m. Medicaid	14	74%
n. ECI (Early Childhood Intervention)	3	17%
o. Texas Health Steps	15	79%



**Technology in the home**

Q10. Do you have a DVD?

89% of clients reported having a DVD in their home.

Q11. Where do you access the internet?

55% of clients reported having access to the internet.

Clients who answered the survey who do have Internet access reported using the Internet at the following locations.

	# of clients	%
a. Home	6	30%
b. Work	0	0%
c. Library	4	20%
d. School	1	5%
e. Friend or family's house	4	20%
f. Other	1	5%

**SECTION 3** looks at family behaviors and clients activities and clients perceptions.

**Client nutrition and activity- related behaviors**

Q12. In the past year have you tried to do any of the things below?

Clients who answered the survey reported trying to do the following healthy behaviors in the past year.

	Yes	%
a. Lose weight	16	80%
b. Be physically active most days of the week	20	100%
c. Watch less TV	14	70%
d. Eat low fat foods	15	75%
e. Eat more fruits and vegetables	19	95%
f. Buy fruits and vegetables at a Farmer's market	9	45%
g. Cook more meals at home	19	95%

Q13. Please mark how often these items are true for you:

Clients who answered the survey reported modeling the following healthy behaviors at home. *(Note: Clients who do not have a child are not included in items a and b. Clients who do not have a child over age 1 are not included in item d.)*

	<b>Almost Always</b>		<b>Sometimes</b>		<b>Almost Never</b>	
a. My child sees me being physically active.	11	61%	6	33%	1	6%
b. I participate in physical activities with my child.	9	50%	8	44%	1	6%
c. I prepare meals at home.	18	90%	1	5%	1	5%
d. My child helps prepare meals at home.	3	19%	9	56%	4	25%

Q15. Please mark how often each statement is true for your family:

Clients who answered the survey reported the following mealtime behaviors.

	<b>Almost Always</b>		<b>Sometimes</b>		<b>Almost Never</b>	
a. The TV is turned off during meals	6	30%	6	30%	8	40%
b. My family sits down to eat meals together	11	55%	9	45%	0	0%
c. Mealtime with my family is enjoyable	15	75%	4	20%	1	5%

### **Clients perception of self**

Q14. Please mark how physically fit you consider yourself.

Clients who answered the survey rated their physical fitness as follows.

	<b># of clients</b>	<b>%</b>
a. Very physically fit	2	10%
b. About average	11	55%
c. Not very physically fit	7	35%